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WHAT TO HAVE FOR DINNER

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What shall we have for dinner? Tradition dictates an especially good ~~Reserve~~ menu for Easter Sunday, a sort of celebration of the advent of spring and the passing of the lean weeks of the Lenten season. Make your house and your table festive and treat the family to some of their favorite good things to eat. Easter flowers seem almost as important as Easter food, however, so give some thought to your centerpiece and have it as springlike as possible. You need not go to any great expense to achieve an atmosphere reflecting the Easter spirit, for all sorts of wild flowers and early flowering shrubs are already in bloom in many places, and where they are late, there are catkins and pussywillows and green branches of some sort available if you look for them. The city housekeeper has a wide variety of Easter blossoms to choose from at the florist's, of course. If there are children in the family you may want to use some sort of Easter basket for your centerpiece, with colored eggs and a bunny or toy chicken on guard. In this case put flowers or pussywillows on the buffet or serving table.

See that your most treasured tablecloth is ready to use, and set the table with ~~un~~usual care. The difference between the way one person sets a table and the way another does it, is often a matter of neatness, of silver lying parallel, and serving dishes placed exactly in front of the one who is to serve from them. The simplest rule to follow is that which requires implements which will be used with the right hand to be placed on the right of the "cover" or place,--this usually means knives and spoons, but may include a salad fork. The meat fork, which is used in the left hand is placed on the left. Bread and butter plates with butter spreaders go on the left,



close to the tip of the fork, and the water glass, with salt and pepper shakers on the right at the tip of the knife. The silver should lie parallel with the ends of the handles in a straight line about an inch from the edge of the table. Provide the suitable spoon or fork for eating each course, a large serving spoon for each vegetable, a gravy ladle, butter knife, carving set, small spoons for jelly or side dishes, and mats to protect the table from hot dishes. If you like, you can leave the dessert spoons out and have them brought in with that course.

If you can get either shipped or local strawberries, surprise your family with a spring-like appetizer in the form of strawberry cup. Powdered sugar is the only dressing the berries will need after they have been hulled and washed. In passing, we might point out that not every one knows how to wash strawberries. Hull a few berries at a time, drop them in a bowl of clean cold water, and take them out immediately. Put them to drain dry in a colander. The sand sinks to the bottom of the bowl and the juice does not have a chance to run. Continue hulling and washing a few berries at a time. If you turn a whole quart of berries into a bowl at once, some will be watery and tasteless before all are taken out. If you put them in a colander and run water on them the sand from those above gets on those beneath.

You may not be able to get strawberries. In that case, begin the dinner with grapefruit. A cherry in the center of each adds an attractive touch. Set the glass cup, or dish containing the strawberries, or the half grapefruit, on an under plate - the 8-inch or tea-size plate is desirable - and have this course in place when you announce dinner.

For the main courses we are suggesting baked chicken with rice, spinach, giblet gravy, and one of your own good jellies. Olives or your special pickles

will be both decorative and appetizing. You are no doubt an expert now in cooking rice so that it is flaky and well separated, if you have followed the directions given in these talks a few weeks ago, and also in preparing quickly cooked spinach. Set aside a little cream to blend with your spinach when you serve it. And why not have even the bread you serve just a little out of the ordinary? Graham rolls, or raisin bread, or Vienna bread - whichever kind you have not had recently - will help to make this Easter dinner a special occasion.

And finally, you will convince the childred that "it's a party" if you give them ice cream and cake for dessert. Chocolate sauce will make plain ice cream into a "sundae" and angel food will be delicious with the combination. We'll tell you how to make them all.

Let's run over the entire menu:

Strawberry cup (or grapefruit)

Baked stuffed chicken, giblet gravy, rice, creamed spinach,
jelly, olives.

Vanilla ice cream with chocolate sauce, angel food.

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Today's Best Recipes

The Bureau of Home Economics of the United States Department of Agriculture which supplies the menus and other material for these Housekeeper's Half Hours, recommends the recipes that follow. Are you ready to take them down?

Select a plump young chicken weighing from 4 to 5 pounds for baking. If you need a larger chicken it would be better to get a capon or to buy two weighing 3 or 3-1/2 pounds each. There should be plenty of meat on the breast and thighs. The end of the breast bone should be pliable and the skin beneath the

wings should break easily. A young bird will have few hairs but a good many pin feathers. The feet are soft. The butcher will usually draw the chicken for you and remove the feet, head, and oil bag. Singe the hairs, if there are any, remove the pin feathers and wash thoroughly. Rub the outside of the chicken over with butter, salt and pepper, and prepare a stuffing. The matter of wet or dry stuffing is one of universal controversy. Our own favorite is dry and is made as follows: Pull out the center of a loaf of stale bread and rub between the fingers till the crumbs are even in texture. A quart of crumbs will be about enough for a four-pound chicken. Melt 4 tablespoons of butter in a pan and cook in it a tablespoon of minced onion, till tender but not fried. mix the melted butter and onion with the bread crumbs, add about a teaspoon of salt according to taste, and a little black pepper. Add half a teaspoon of poultry seasoning or mixed sage and thyme if you like it. Here's another good stuffing for those who like the wet kind: 3 cups of finely broken stale bread, 1 teaspoon of salt, $1/4$ teaspoon of pepper, $1/2$ teaspoon ground sage and thyme (more sage than thyme), $1-1/2$ teaspoons of baking powder, 4 tablespoons of butter, 1 tablespoon minced onion, 2 stalks of celery, chopped small, $1/4$ cup of boiling water. Cook the celery and onion in butter five minutes. Mix with the bread, baking powder, seasonings, and hot water, and fill the cavity in the chicken putting a part in the space formerly occupied by the crop. Sew up the cavities and start the chicken in a hot oven with a temperature of 450°F. , with a cup of hot water to keep it from drying out. Reduce the temperature as the chicken begins to brown. Baste frequently. Bake from an hour to an hour and a half if the chicken is tender. The giblets are put through the food chopper and simmered in another pan while the chicken is baking. The liquor used to baste the chicken should be added to the giblets in making the gravy.

A good ice cream may be made at home by allowing 2 tablespoons of sugar and half a teaspoon of vanilla to each cup of cream used. A small amount of salt -- about one-fourth of a teaspoon in a quart of ice cream, should be added. To make hot chocolate sauce put 2 ounces or squares of unsweetened chocolate in the double boiler, melt, cover with half a cup of hot water and add 1 tablespoon of butter and 1-1/2 cups of sugar. Stir until smooth and cook to a rich sirup. This will take about 15 minutes. It should be served at once, if possible. If the housekeeper is also cook, the sauce must be kept warm but not allowed to cook while the rest of the dinner is being eaten.

Angel food requires a good many egg whites but is not extravagant at this season. The ingredients are: 1 cup of soft wheat flour, 1 cup of egg whites (the whites of 8 fairly large eggs), 1 to 1-1/2 cups of sugar, 1/2 teaspoon of salt, 1 teaspoon vanilla or lemon flavoring, 1 teaspoon of cream of tartar. Angel food is mixed in a slightly different way than plain sponge cake. The sugar, flour, and half the salt are sifted together several times. The egg whites are beaten with the other half of the salt until they are frothy; then the cream of tartar is added and they are beaten until stiff. The dry ingredients are then folded carefully into the beaten egg whites, and when the mixture is partly blended the flavoring is added. Only the folding motion should be used in mixing, for stirring tends to release the air depended on for leavening. A smooth tube pan is best for baking angel food, and a fairly large cake will require about an hour in an oven at a temperature of 325°F. It may be tested in the same way as any other cake -- by means of a clean toothpick.

QUESTIONS WOMEN ARE ASKING

Question: I know that spinach is very good for my family but none of us seem to like it. Can you tell me how to cook it so that we will find it appetizing?

Answer: Perhaps you have overcooked your spinach until it lost its bright green color, pleasing texture, and fresh flavor. If cooked too long, spinach takes on a dark olive hue, develops a strong flavor, and becomes almost like pulp. People can hardly be blamed for not liking such spinach. Overcooking also injures the food value of spinach. The long boiling draws out the iron, calcium, and other minerals, and destroys the vitamins. Try your family with spinach cooked for 10 to 15 minutes in just the water that clings to the leaves after you have washed it thoroughly. Then just as it begins to be tender, chop it very fine and season it with plenty of butter or, better still, cream. A hotel in Washington is becoming famous for its "special spinach" quickly cooked and combined with just enough cream to moisten it and give a rich flavor.

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Question: Why is my cake good one week and unsatisfactory next time, although I follow the same recipe?

Answer: This is a difficult question to answer, because a cake failure may depend on any one or a combination of several things. For instance, some of your materials may not have been just up to par or slightly different from those called for in the recipe. You may have varied your method of mixing. The oven may have been too hot or not hot enough. Or what often happens, you may not have measured accurately. "Following the recipe" may mean that the

RESEARCH AND DEVELOPMENT

The first of the major problems in the development of a new product is the selection of the market. This is a process which involves a number of factors, including the size of the market, the growth rate, the competition, and the potential for profit. The second major problem is the selection of the technology. This is a process which involves a number of factors, including the availability of the technology, the cost of the technology, and the potential for profit. The third major problem is the selection of the personnel. This is a process which involves a number of factors, including the availability of the personnel, the cost of the personnel, and the potential for profit. The fourth major problem is the selection of the location. This is a process which involves a number of factors, including the availability of the location, the cost of the location, and the potential for profit. The fifth major problem is the selection of the time. This is a process which involves a number of factors, including the availability of the time, the cost of the time, and the potential for profit. The sixth major problem is the selection of the capital. This is a process which involves a number of factors, including the availability of the capital, the cost of the capital, and the potential for profit. The seventh major problem is the selection of the distribution. This is a process which involves a number of factors, including the availability of the distribution, the cost of the distribution, and the potential for profit. The eighth major problem is the selection of the marketing. This is a process which involves a number of factors, including the availability of the marketing, the cost of the marketing, and the potential for profit. The ninth major problem is the selection of the production. This is a process which involves a number of factors, including the availability of the production, the cost of the production, and the potential for profit. The tenth major problem is the selection of the sales. This is a process which involves a number of factors, including the availability of the sales, the cost of the sales, and the potential for profit.

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closely packed cup of flour one day is a loosely filled cup the next - that the baking powder spilled in the mixing bowl is "guessed" to be a teaspoonful, when it is really much more - or that some other inaccuracy in measurement accounts for a large part of the difference in results. In modern cookbooks and in all farmers' bulletins issued by the United States Department of Agriculture all quantities are given in level measurements unless otherwise specified. Three teaspoons equal a tablespoon. Sixteen tablespoons fill a standard cup - the kind marked off on the sides to show half and quarter cups, and sometimes thirds. Four cups make a quart. Flour, except graham or whole wheat, should always be sifted once before measuring and then dipped lightly into the measure and leveled. If it is packed into the measure, too much will be used. A table knife or other straight edge should be used to level sugar, salt, flour, and other dry ingredients.

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Question: We hear so much about "counting the calories" in the foods we eat. Are calories a measure of the nutritive value of a food?

Answer: Calories are a measure of the fuel or energy value of a food. There are other points about the food value of any material just as or sometimes more important than the calories it contains. In judging the nutritive value of any food the amount and quality of the protein, the vitamins, the iron, calcium, and other minerals, that it contains should be considered just as carefully as the calories.

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Question: How can I get the bulletins on household subjects issued by the United States Department of Agriculture?

Answer: You can get bulletins on foods and nutrition and various other home economics topics free by writing to the Office of Publications, United States Department of Agriculture, Washington, D. C. The free supplies of bulletins become exhausted occasionally, however, and then it is generally possible to buy a copy of the bulletin desired from the Superintendent of Documents of the Government Printing Office for a nominal sum, generally five or ten cents.

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Question: What is the most reliable method for the home canning of nonacid vegetables?

Answer: Asparagus, string beans, corn, spinach, and the other nonacid vegetables, the United States Department of Agriculture believes, should be processed in steam under pressure at temperatures higher than can be obtained in a water bath. The time and temperatures vary from 40 minutes at 10 pounds pressure (240°F.) for quart glass jars of asparagus to 80 minutes at 15 pounds pressure (250°F.) for corn in the same size containers, according to the time-tables for home canning given in Miscellaneous Circular 24, issued by the United States Department of Agriculture. These times are based on a "hot pack." In hot-pack canning the vegetables are cooked in a small amount of water to shrink them and are packed boiling hot and the jars put at once into the canner.

Question: What is the distinction between "curing" and "fermentation" as applied to vegetables treated in brine?

Answer: Curing refers to the changes which vegetables undergo in brine as a result of osmosis by which brine largely takes the place of the vegetable juices, with resulting changes in cellular structure. Fermentation relates to the action of certain bacteria in changing the sugar content of the vegetable juices into acids and other end products. In a weak brine (5% or less) bacteria are not inhibited and the process is largely a fermentation. In a moderately strong brine (10%) both processes go on about equally. In a strong brine (15% or over) bacteria are inhibited and the process is almost entirely a salt curing.

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Question: What constitutes the best cover for the surface in making pickles?

Answer: Circular boards about one inch in thickness and two inches less in diameter than the inside of the receptacle in which they are used. These should be made of oak or other hard woods - never a yellow or pitch pine. Before use they should be dipped in melted paraffin and then well burned over with a flame. This fills the pores of the wood, thereby making them more easily kept clean and rendering them incapable of absorbing substances which make them foul.

Reserve

Release April 5, 6, or 7.

WHAT SHALL I HAVE FOR DINNER?

One of the best liked meats the world over is a roast of beef, and if you follow the old English custom you will serve with it a "Yorkshire pudding", suggests the Bureau of Home Economics of the United States Department of Agriculture. This pudding is sufficiently substantial and filling to take the place of potato or other starch vegetables, and now when eggs are plentiful and reasonable in price is an excellent time to have it. If you do not have Yorkshire pudding we suggest macaroni and cheese since Irish potatoes are still scarce and high-priced. Use just enough cheese to flavor this since the extra protein is not needed in this meal. The choice among vegetables is still fairly limited, but perhaps there is fresh asparagus in your garden or in your market at reasonable price. If you can get only a little asparagus, you can cook it with rice in a way that saves every bit of the delicious asparagus flavor and makes it go farther. We will tell you how to prepare this rice-asparagus combination in a few minutes.

If you cannot get asparagus, white turnips are available everywhere. As there will be gravy with the meat and the dinner is otherwise rich, the turnips will be best if served simply sliced or mashed, seasoned with salt, pepper, and butter.

Do you know the possibilities of grape juice as a dessert flavor? You have no doubt some jars or bottles of your own make, but if not you can get good grape juice anywhere. You can use it as the liquid for a fruit gelatin, with

creamy or make a water ice or sherbet with it if you have a helper who is willing to turn the freezer.

The most important part about this dinner is choosing a good roast of beef, and the next matter of importance is knowing how to cook it properly. A trained housekeeper should know the characteristics of the various market grades of dressed beef, and the appearance of typical retail cuts. Some methods of cooking are better for certain cuts and some for others, but in general the differences between tough and tender cuts are more accentuated in low-grade beef than in good or medium beef. The cuts from the parts of the animal that have been exercised, as the neck or the shank, are made up of tougher muscle and usually contain less fat, therefore they are drier when cooked. The less exercised parts, especially the thick muscles on either side of the back bone are more tender and are more likely to have a protecting layer of fat on the outside as well as fat distributed throughout the lean. Such a piece is said to be well-marbled. Prime rib roasts and porterhouse and sirloin cuts show these characteristics.

In selecting a rib roast do not get one less than two ribs in size. The most desirable roasts have a well-shaped eye of muscle meat of right red color well marbled with fat, and have a good outside cover of fat. While such a roast from a smaller animal may be had not weighing more than five pounds, the better ones are heavier. Even a small family can use a good size roast of beef to good advantage, for it is as good sliced cold as it is when hot, or it may be served quite rare the first time and then cooked again for a shorter time for the second dinner.

The roast may be boned or not as preferred. Some prefer the flavor of the roast cooked with the bones in. A boned and rolled roast is easier to carve.

In case it is boned be sure the bones are sent along for soup stock.

The chuck cuts, especially the one next to the rib, make a satisfactory roast. It is larger, the muscle more divided, and the shoulder blade comes in, but this can be boned out. It is usually about five cents a pound cheaper.

The tender cuts of beef used for roasting should be cooked so as to develop and retain flavor. Water is not used in the roasting pan. A standing roast is placed bone side down in the pan and cooked in that position. A rolled roast is placed with the fat side up. Always use an uncovered pan for a tender roast. The meat is first put into the oven at a very high temperature, about 450° F., to sear the outside quickly so that the juices will be retained. The heat is then lowered in order that the meat may cook through without burning. If the fat side is placed up or an extra piece of fat is skewered to the outside, the fat cooks and bastes the roast as it trickles down. A standing roast weighing five to six pounds will be cooked so that it is done throughout, but rare and juicy, in from an hour to an hour and a quarter. A rolled roast of the same weight will be cooked in ten or fifteen minutes less time. If you have a short thermometer the roast may be tested with it to determine when done. Insert the thermometer so that the bulb is at the center of the eye portion. The temperature registered by the thermometer gives a picture of the color of the beef at that portion, rare 140° F., medium 158° F., and well done 176° F. Special thermometers can be purchased for this purpose.

To summarize our menu before we give today's recipes:

Roast beef with Yorkshire pudding or macaroni and cheese or rice
and asparagus

White turnips

Grape juice sherbet, ice or gelatin.

TODAY'S BEST RECIPES.

The Bureau of Home Economics of the United States Department of Agriculture plans and discusses these menus and furnishes the recipes, so if you have any questions relating to the Housekeepers' Half Hour, they may be addressed to the bureau, either directly or through this station.

Pencils and papers ready? The first recipe is Yorkshire pudding. This may be prepared in the same pan with the roast but difficulty is experienced in making gravy when this is done, so it is considered simpler to cook it in a separate pan using some of the drippings from the roast. The batter is similar to the mixture you use for pop-overs. The ingredients are: 1 cup of milk, 1 cup of flour, 2 eggs, one-fourth teaspoon of salt. Beat the eggs until very light. In another bowl mix the salt and the flour and add the milk gradually, then the eggs. Pour the batter into a baking pan which contains some of the hot drippings from the roast. Bake the pudding for 20 to 30 minutes, basting it occasionally with the drippings. As it cooks, the pudding becomes delicately brown and crisp around the edges and puffs up in places. When ready to serve, cut it in squares and put it on the platter around the roast Beef.

For the asparagus-rice combination you will need 1/4 to 1/2 pound asparagus, 1 cup rice, 2 teaspoons salt, 4 tablespoons butter. Break or cut the asparagus into short pieces and add enough cold water to make one quart of vegetable and water in all. Add the other ingredients and cook in a double boiler until the asparagus and rice are both soft. If the lower ends of the asparagus are tough, boil them in a little water first and then add the remainder of the asparagus and water to make a quart. Cooked in this way the asparagus retains its original form and much of its original succulence, and the

THE CITY OF NEW YORK

IN SENATE

JANUARY 1, 1907

REPORT

OF THE

COMMISSIONERS OF THE LAND OFFICE

IN RESPONSE TO A RESOLUTION

PASSED BY THE SENATE

ON APRIL 1, 1906

AND BY THE ASSEMBLY

ON APRIL 1, 1906

AND BY THE SENATE

ON APRIL 1, 1906

AND BY THE ASSEMBLY

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grains of rice are large and whole.

Grape juice ice or sherbert. Frozen desserts do not really take any longer to make than many cooked ones, and the family usually enjoys them. Grape juice needs a tablespoonful of lemon added per quart to intensify the flavor when you freeze it or use it with gelatin. Sweeten to taste with cooked sirup rather than granulated sugar because it makes a smoother ice. Mixtures that are to be frozen should be a little sweeter than usual. Put the juice right in the freezer, and turn until stiff. If you wish only to make a water ice remove the dasher and pack, and let stand until serving time. A sherbet is made by adding a beaten egg white after the mixture is frozen, before taking out the dasher. Many people like the texture of a sherbet better than that of a water ice.

If you do not wish to make either sherbet or ice, make grape gelatin. For a quart of gelatin soak an envelope of granulated gelatin in half a cup of cold juice. Put a cupful of the remaining juice on the fire with half a cup of sugar, and when boiling dissolve the softened gelatin in it. Add the rest of the quart of grape juice, a tablespoonful of lemon juice, strain and ~~pour~~ into a mold to become firm. Serve with plain or whipped cream.

QUESTIONS WOMEN ARE ASKING.

Question. What particular food value have raw onions? Is there anything in the theory that onions are beneficial to the nerves?

Answer. Like other fresh vegetables, raw onions are valuable for their minerals and vitamins and their bulk. The theory that certain foods are beneficial to the nerves has been exploded. It is now known that a well-balanced diet helps to keep all parts of the body healthy.

Question. In making boiled icing for cake, if it does not seem to be cooked enough after it has been taken from the fire, can anything be done to correct this mistake?

Answer. Yes. Boiled icing which does not harden properly may be reheated in the top of a double boiler even after the sirup has been poured over the egg white. The slow heating with constant stirring causes some of the moisture to evaporate thereby concentrating the mixture so that the sugar crystallizes in fine particles and the icing "sets" or hardens.

Question. Can honey be used in place of sugar in making cakes and cookies?

Answer. Yes. Honey may be used in place of sugar cup for cup in many cake and cookie recipes. In addition to its sweetening qualities, honey is about one-fourth water, and the amount of liquid called for in the original recipe should be reduced accordingly when honey is substituted for sugar. Many honey recipes have been tested by the United States Department of Agriculture and a bulletin containing them will be sent on request to the Department in Washington.

Question. In making custard pie how can I keep the undercrust from raising up in bubbles?

Answer: Prebake the crust before putting in the custard mixture, and before you put the crust in the oven prick it in several places with a fork. This will let the steam out and prevent the crust from raising up in bubbles.

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Question. Are canned peas artificially colored with copper salts to make them appear green?

Answer. No. Artificial coloring of peas is not practiced in this country and foreign peas so treated are no longer allowed to enter the country.

Question. To what class of food products does gelatin belong?

Answer. Gelatin is a protein. It contains most of the amino acids found in other proteins, but is lacking in certain ones that are essential for the normal growth and development of animals. It is, however, a useful article of food in a dietary including other proteins from well diversified sources, and is especially useful as a supplement to milk.

Release April 8, 9, or 10.

WHAT TO HAVE FOR DINNER

Reserve

To many persons shad, bass, herring, perch, lake trout, or other fresh fish for dinner is as much a sign of spring as are dandelions coming up in the grass or boys playing marbles after school. The homemaker who wants to give her family appetizing, well-balanced meals at not too high cost always makes the most of things in season in her locality. Therefore we are suggesting for this dinner menu fresh fish, broiled, fried, or baked according to the kind available in your market. Those who live along the Atlantic coast will most certainly want to have shad, but inland there are equally delicious lake and river fishes. If your usual way of preparing fish is frying, try broiling or baking it this time. If the fish itself contains a great deal of fat, as does shad for instance, frying in more fat is likely to make it overrich. Broiling under a gas flame or over hot coals requires very little if any added fat and also develops a particularly delicious flavor. Stuffing and baking is, to many persons, an unsurpassed way of preparing shad and other fairly large fish. Even small ones, such as perch can be pan broiled so that they are not greasy. In a few minutes we will give you more detailed directions for cooking fish in various ways.

With your fish you will need a mild-flavored starchy vegetable, and old potatoes mashed and well seasoned with milk and butter would be good. Or if they are available, new potatoes with melted butter and chopped parsley would be even better. Beets, new or old, are to be had almost everywhere and would be good just boiled, sliced, and seasoned with butter for your second vegetable, especially if you can get some fresh green vegetables for a salad. Make this also as suggestive of spring as possible. Spring onions served just with salt are a salad in themselves, or your family may like them better chopped and

combined with other vegetables and mixed with salad dressing. With this dinner a French dressing would be preferable to mayonnaise. Cucumbers are of course one of the favorite salad vegetables to serve with fish and you may be so lucky as to find them in your market at reasonable price. For dessert, a delicate prune whip or souffle, depending on whether you prefer it baked or unbaked, would be suitable. The recipe will be given later. This is the "open" season for egg desserts too. The hens are now about at the peak of their yearly egg production and prices are correspondingly reasonable.

The question of what beverage one should serve with dinner, if any, is often raised. Water of course should always be served. While water with meals used to be considered harmful we now know this is not the case. If anything, water drunk with meals aids digestion, provided of course it is not used to wash down food. Milk should always be provided for the children, unless the daily quota has been included in the meal in some other way. It is usually wiser to have the younger children drink the milk before water is given at meal time. This means that care must be taken to be sure that sufficient water is taken between meals. The old superstition that milk and fish should not be taken at the same meal has been proved to be entirely without foundation. There is nothing wrong with the combination itself. Grown-ups frequently want a warm beverage with dinner, either tea or coffee, according to the family preference. Tea is generally served with the main course, and either lemon or cream served with it. Coffee may be served with the main course or with the dessert. If served with the dessert, after-dinner coffee cups are used, with a smaller amount of stronger coffee. A nice touch is added if the coffee is served **after** the dinner in the living room.

Here is the complete menu:

Fish - Broiled, fried, or baked

Mashed potatoes, buttered beets

Spring vegetable salad

Prune whip or soufflé

Milk, tea, or coffee

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TODAY'S BEST RECIPES

The Bureau of Home Economics of the United States Department of Agriculture which supplies the menus and other material for these Housekeeper's Half Hours, recommends the recipes that follow. Are you ready to take them down?

First is the fish. Above all else fresh fish should be fresh. Unless one knows a dealer well enough to make the precaution unnecessary, it is well to go to the ~~market~~ personally and make one's own selection of fish. It is not difficult, particularly after a little practice, to be able to tell whether or not a fish is strictly fresh. If it is fresh the eyes will be full and bright; the gills will be bright red; the flesh will be firm and will have a fresh odor. Notice particularly whether the flesh ~~along the back-~~bone smells fresh. The first signs of deterioration will be noticeable at this point, for it is here that the main blood vessel lies. It may be more economical to buy one large fish than several smaller ones and if you are going to stuff and bake it you will need one weighing four pounds at least. A good general rule is to allow about 1/2 pound of fresh fish to each person to be served at table. With this rule in mind, you can easily decide how much fish to buy for your family. If your fish is scaled and skinned at the market, look it over again at home for scales especially near the tail, fins,

and head. For baking, head and tail should always be left on. For broiling fish, too, many persons think that head and tail make it look more attractive for serving. After your fish has been thoroughly cleaned and washed, if you are going to broil it, slash it down one side of the backbone so that it can be spread out flat. If you are going to bake it, split it on the belly side only. If you wish to use more stuffing than the natural cavity holds, split the fish down toward the tail but be careful not to pierce the outside skin. Small fish are of course fried whole with or without heads and tails. Large fish are generally cut up in portions that will cook through easily and are suitable for serving.

Now for the directions for cooking fish in these various ways:

To broil fish, place it skin side down on a greased pan, baking sheet, or heavy oak plank of the kind sold for "Planking" meat or fish, if it is to be cooked under a gas flame. If you are going to broil it over hot coals, place it in a greased broiler. Fish should always be broiled at medium temperature for only a comparatively short time so as not to toughen and dry it. In using a gas flame, turn it fairly low and place the fish far enough from the flame so that it will cook rather slowly. A four-pound fish will require 25 to 40 minutes depending on how thick it is. Just before it is done, place it closer to the flame to give a golden brown. Slip the broiled fish gently on to a hot platter, add a little melted butter, and serve with it some slices or sections of lemon.

For the stuffing for baked fish you will need 2 cups of bread crumbs, 1/4 cup melted butter, 1/4 teaspoon salt, 1/8 teaspoon pepper, a few drops of onion juice, 2 tablespoons of chopped celery, and 1 tablespoon of finely chopped parsley. Add the bread crumbs to the melted butter so as to get the

benefit of all the butter, then add the salt, pepper, onion juice, and chopped celery and parsley. Press this stuffing into the cavity of the fish and sew it up loosely. Fish is very tender and if the thread is drawn tight it will tear the fish. For bass or other fish which is not naturally oily, lay over it strips of salt pork or bacon. In any case, dredge the fish lightly with flour and place in a greased baking pan. If three broad strips of greased cloth are placed under the fish crosswise of the pan it can be lifted out easily for serving. Bake the fish in a moderate oven and baste it occasionally with a mixture of two tablespoons of butter to 1 cup of hot water. A four-pound fish will bake in about 40 to 50 minutes. Or in other words allow about 10 minutes to each pound of fish and then add 10 minutes extra.

Fish should also be fried over fairly low even heat; therefore a heavy skillet is best. Use sweet flavored fat, and use only enough to keep the fish from sticking to the skillet. Always wipe the fish dry before rolling it in flour or corn meal. When the fat is hot, but not so hot that it smokes, put the pieces of fish in, but do not crowd them. Reduce the temperature at once, cook slowly, and turn the fish when a brown crust has formed. If fish is turned too soon it is likely to fall to pieces and the fat soak into it.

Prune whip or souffle requires one cup of thick prune pulp. To get this thick pulp soak 1/2 pound prunes overnight, or for several hours, in a pint of water, then cook until tender in this same water, remove the stones, and rub the pulp and skins through a colander. Add a half cup of sugar, and heat this until the sugar is dissolved and the pulp thick. Stir this constantly to keep it from sticking and burning. While this is cooling, beat the whites of five eggs stiff, using a wire whisk. Add 1 tablespoon of lemon juice to the prune pulp and fold this in small amounts into the egg whites until thoroughly blended. This can be served in this form as prune whip or it can

be baked into a souffle made from the yolks. Turn into a deep glass or earthenware baking dish which has been buttered. Set the dish in a shallow pan of water and bake for 50 minutes in a very moderate oven - 250°F. to 275°F. The result should be a high, fluffy, delicate souffle which holds its shape well and does not fall on cooling. It may be served hot or cold, with or without cream, or better still a custard sauce made from the egg yolks.

QUESTIONS WOMEN ARE ASKING

Question: Has fish any value as a brain food?

Answer: There is no foundation for the widespread notion which still exists that fish is particularly valuable as a brain food. The idea seems to have originally gained headway because fish was supposed to contain relatively large proportions of phosphorus. However there is no experimental evidence to warrant the assumption that phosphorus is any more essential to the brain than nitrogen, potassium, or any other element which occurs in its tissues. Moreover, meat furnishes about as much phosphorus as fish and there are various other foods, for example cheese, peanuts, oatmeal, chocolate, and graham flour, which pound for pound contain much higher proportions.

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Question: What is one of the chief points in the food value of prunes?

Answer: Prunes are especially rich in iron and they are also a good source of calcium and phosphorus. All three of these are minerals that the body needs regularly and in generous quantities.

Question: Does cooking destroy the mineral constituents of vegetables?

Answer: No, cooking does not destroy the valuable mineral salts found in many fresh vegetables. Some of them, however, are dissolved in the liquid in which vegetables are cooked and it is therefore important that this pot liquor be served. Mild-flavored vegetables may be steamed, boiled in very little water, or cooked a short time in milk so that the amount of liquid to serve with the vegetable is small. The larger amount of water from the cooking of the strong-flavored vegetables may be saved for soup or used in thickened gravies and sauces.

Question: Do raw onions make a person drowsy?

Answer: So far as it is known there is nothing in onions either raw or cooked that would tend to make a person drowsy. If one feels that way after eating a meal including onions, it is probably just the relaxation that often comes after eating good food and perhaps more of it than the body really needs.

Question: What type of drapery material should I get for overdraperies for my living room?

Answer: Not knowing any of the colors or patterns in your room it is difficult to advise you. The fabric and pattern should be dignified and simple enough to suit all tastes. If the rug and wall paper are figured or the upholstery decidedly patterned, a plain-colored rep, sateen, light-weight denim, sunfast, or casement cloth would be the wisest choice. If all the surfaces of the room are plain, figured materials would relieve the monotony and create a "homey" appearance. Avoid flower designs that look too natural and are in brilliant colors. Carefully blended tones and dignified conventional designs are more suitable.

Release April 12, 13 or 14.

Reserve

WHAT TO HAVE FOR DINNER

What shall we have for dinner? On a good many days during these spring weeks there is need for a dinner easily prepared which will almost cook itself while the housewife is busy with cleaning, turning out closets, or possibly with garden work. For such days the old-fashioned "boiled dinner" answers every purpose, with its corned beef as the main feature, and the mixture of vegetables usually associated with it. There is an important difference, however, in the modern method of cooking this dinner as compared with the way in which it would still be prepared in many country districts. This difference is in the attention given to short cooking the vegetables, all of which of course require far less time than the corned beef. In the old-fashioned "boiled dinner" the vegetables were often "boiled to death," at least the vitamins in them were, and so the dinner defeated the very purpose it was intended to serve - that of being a means of combining various valuable vegetables in one dish.

The way of cooking a boiled dinner, suggested by the Bureau of Home Economics of the United States Department of Agriculture, therefore, is to cook the meat alone until it is thoroughly done. If you have a fireless cooker you will find it very useful for this. As the vegetables are to be cooked only for the shortest possible time, it will be easier to finish the cooking on the top of the stove. The amount of the various ingredients to use and the time for cooking will be described under today's best recipes.

Perhaps you put up some mustard pickles last year, If so, they will be excellent with this dinner. Or you can buy some in the store, or simply serve mustard. One of the breads with a crisp crust, such as Vienna or crisp rolls will be a pleasant contrast to the moist texture of the meat and vegetables.

Rhubarb betty may be a new dish to your family. It will prove an exceptionally good way of serving this valuable spring fruit. You make it in about the same way as apple, or any other "betty." Soon we'll tell you exactly how.

Your entire menu is short and easy to prepare this time, yet sufficiently filling for any family. It consists of just two dishes - boiled dinner and rhubarb betty.

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TODAY'S BEST RECIPES

Are you ready now with a notebook and pencil? Remember that the Bureau of Home Economics of the U. S. Department of Agriculture supplies these menus and recipes and is glad to help you with your household problems. You can address the bureau directly or through this station.

For the boiled dinner you will require about 2-1/2 pounds of corned beef, which should be mostly lean. Of course if you prefer to use ham, tongue, salt pork, or any other cured meat you may do so, or use fresh meat if your family likes it better. In that case select any of the somewhat cheaper cuts of lean meat suitable for stewing or pot roasting. There should be as a rule at least one and preferably two other vegetables besides potatoes. We are suggesting small quantities of six vegetables which combine well in flavor, but if you do not have all of them on hand, use what you can get or add others. String beans, beets, or tomatoes might be added or substituted for any we are suggesting.

Here is our list of ingredients: 2-1/2 pounds of lean corned beef; 2 white or yellow turnips; 4 or 5 carrots; 3 medium-sized onions; 1 small bunch of celery; 2 potatoes; 1/2 head of cabbage, green if possible; 2 or 3 quarts of water to cover, and salt if needed. Cut the onions in halves and the other vege-

tables into quarters or pieces of desirable size. Cut the cabbage into slices suitable for serving.

If the meat be from a particularly strong cure or is particularly high in salt, it may be best to parboil it by bringing it slowly to a simmer, and then simmering it for 10 minutes. The first water is then poured off and discarded. The meat is started again in fresh cold water. The parboiling process does not injure the nutritive value of meats nearly as much as it affects that of vegetables. After the meat is done, remove it and skim off any excess fat. Add the onions to the meat broth and cook them from 10 to 20 minutes, according to their size. Then add all the other vegetables except the cabbage and cook 20 minutes longer. Finally add the cabbage, cook from 5 to 10 minutes and put the meat back to heat just before you serve the dinner. The broth may be thickened if you wish. One large platter will do for the entire dinner - the meat in the center and the vegetables arranged arround it.

Rhubarb betty combines two old friends who, in a good many homes, have never met each other. It may be made with sweetened rhubarb sauce or raw sliced rhubarb sprinkled with sugar and alternated with buttered, spiced crumbs. Allow a quart of fine dry bread crumbs for a quart of rhubarb, either kind, 3 or 4 tablespoons of melted butter, and a little cinnamon or nutmeg used sparingly. Place the rhubarb and the crumbs in alternate layers in a greased baking dish. Bake in a moderate oven. If rhubarb sauce is used this will only require about 15 minutes. If raw rhubarb is used, cover the baking dish at first and bake for 25 minutes, or until the rhubarb is tender; then uncover and brown the top delicately. Serve the pudding hot, with or without hard sauce.

PROTECT YOUR CLOTHING FROM MOTHS

Instead of the section giving answers to questions women are asking, we

are going to give a brief talk on protecting clothing from moths from facts supplied by specialists of the Bureau of Entomology of the U. S. Department of Agriculture.

About the middle of April, in many parts of the country, it's time to think about putting your fur or fur-trimmed winter coat away till fall, and most of the tweed, serge, and other heavy woolen garments which are discarded in favor of lighter weight clothing. Of course you will want to store everything in perfect condition - that is, clean and in good repair, so that when the next cold season begins no time will be lost in making them ready to wear. In addition to this very practical reason for thoroughly cleansing each article, you must also think of that tiny but ever-present enemy of woolen and fur clothing - the clothes moth. Moths are not half so likely to damage clean as soiled clothing.

Your precautions in preparing clothes carefully for storage will win half the battle when it comes to combating this insidious insect pest. If possible have your winter things dry cleaned. If you do not find this convenient give them thorough treatment yourself. Sponge off all spots, brush and beat them thoroughly, to dislodge any eggs or larvae that may be already on them, and sun them if possible, for moth larvae succumb to strong heat, and the clear sunlight enables you better to discover any live larvae that have not been successfully brushed off.

Moths or "moth millers" do not eat fabrics. They lay their eggs where the larvae or worms when hatched will find suitable food, and the larvae eat the woolen or fur or other material. Clothes moths are in greatest abundance the country over from May to July and during September and October, although in steam-heated houses they may be on the wing in any month. The time to begin taking precautions against damage from moths is therefore before they appear in any numbers.

The ideal way to protect articles of every kind subject to moth damage is to put them into cold storage, after preliminary cleaning, but this is not always possible. Cedar chests are valuable for storing clothing at home. Their value lies in the fact that the aroma of red cedar heartwood kills young moth larvae. Cedar chests cannot be depended upon to kill the moths, their eggs, or the worms after they are one-half to full grown, or after they are 3 to 4 months old. If the fabrics put in the chests have first been thoroughly cleaned, brushed and beaten, with special attention to brushing out pockets, seams, and other possible hiding places for larvae or eggs already on the garments, and if the chest is tight so that no moths or larvae can reach the garments later, the clothing will probably be quite safe.

Brushing or beating furs will not always get rid of the older worms, if they have once gotten into the long hairs and established themselves by spinning their webs. If you think your furs are already infested they should be combed out with a very fine comb or should be fumigated. If furs are promptly stored as soon as the season for their use is over, there is little likelihood of their containing these older larvae.

Any tight box or chest is satisfactory for storing clothes that have been given the necessary preliminary treatment - cleaning, brushing, beating and sunning. Ordinary firm wrapping paper will do, or several thicknesses of newspaper, provided the folds of the paper at the ends of the bundles are bent securely back so that moths cannot enter to lay their eggs. To make assurance doubly sure, however, pack ~~some~~ naphthalene flakes, paradichlorobenzene crystals or camphor blocks in the boxes or bundles with the garments. These repellents give off fumes which, if tightly confined, kill all stages of clothes moths that may be present in spite of the most careful attention and cleaning. Scattering these substances about on

shelves or bureau drawers does not accomplish the same result. Camphor is less effective than the other two substances.

It is also possible to fumigate closets and rooms which have become infested. Farmers' Bulletin 1353 gives several other suggestions for protecting clothes and furnishings from moth damage. Send to the U. S. Department of Agriculture for it. It is free while the supply lasts.

Release April 15, 16, or 17.

Reserve**WHAT SHALL WE HAVE FOR DINNER?**

Doesn't your family enjoy chops for a change? For today's dinner you might serve any kind of lamb chops - loin or rib, shoulder or leg - or the corresponding cuts of mutton, if it is sold in your markets; or the veal chops from rib or loin. An unusually large supply of lambs in many districts has reduced the price of this excellent meat and you may be able to take advantage of the opportunity to serve frequently what is sometimes regarded as a luxury. Although lambs this season are heavy you need not be afraid that you are getting meat from mature animals. This is also the season when veal is coming into the markets in abundance. Whether you broil or pan-broil them, if the chops are selected from a good grade of meat and are cooked with care to retain their juiciness and tenderness, they will have a zestful flavor and characteristic quality unexcelled by any cut of meat. In buying chops it is well to have them cut to order; otherwise they may be cut so thin that they toughen and dry out in cooking. The butcher has to meet public demand and many of his customers want a large number of chops from any given weight rather than a few thick juicy ones. In cutting rib and T-bone chops, the width of the bone may well be the guide, cutting one chop to each rib or each section of the bone in the loin. For other cuts the thickness should be at least $3/4$ inch.

Whichever kind of chops you choose, and no matter which method of cooking you use, plan to serve your dinner the moment the chops are done, so that they will be piping hot. Of course you will see that the dinner plates are hot too. Any attempt to keep chops warm after they are done to a turn usually results in overcooking them or making them greasy. We'll tell you about cooking them in various ways under the recipes of the day. Look over your supply of

jellies and conserves and choose a tart one to serve with the chops. Mint or currant jelly goes especially well with lamb or mutton.

It has long been customary to serve peas with lamb or mutton, probably because these flavors have been found to combine well together. There is no iron-clad rule about such combinations, of course, but since fresh peas are coming into the markets now one might as well follow tradition and delight the family with them. If fresh peas are out of the question, canned peas are obtainable anywhere. For the sake of variety, we suggest adding an equal quantity of sliced cooked carrots to the canned peas. Carrots and peas are a very colorful combination and also excellent from the standpoint of flavor and food value. Season the carrots and peas with butter or cream, or use milk and thicken it slightly with a little flour blended with butter before it is stirred into the hot milk.

Lyonnais potatoes are always well liked, and are particularly good with chops. We'll tell you how to cook them later.

There are so many kinds of spring salads to choose from that it seems a pity not to include some representative of this large family in every day's menu. Lettuce, either the tender garden kind or the crisp "iceberg" variety, romaine, escarole, endive, chicory, cress - all these make good dinner salads. Lettuce by itself is so mild in flavor that it needs a well-seasoned dressing. Adding a little Roquefort cheese to French dressing, or if you don't like such a pronounced flavor, grating American cheese over the top after French or mayonnaise dressing has been put on, is an easy way of giving appetizing flavor to a plain lettuce salad. Or transform your plain mayonnaise into so-called Russian or Thousand Island dressing by mixing in some tomato catsup, Chow-chow, chopped olives, pickle, or onions. You do not need a definite recipe for such dressings.

Once you have a good mayonnaise to start with you can make all sorts of combinations that will whet the appetites of your family and make them appreciate simple salads as perhaps they have never done before.

Apple snow for dessert is easy to make and offers another excellent use for eggs while they are abundant. Canned apples or applesauce may be used if you have no others. The recipe will be given in a few minutes.

The menu, completed, is as follows:

Chops (lamb or veal)

Mint or currant jelly

Lyonnaise potatoes

Peas and carrots combined

Lettuce salad with a well-seasoned dressing

Apple snow

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TODAY'S BEST RECIPES

These Housekeepers' Half Hours are prepared by the Bureau of Home Economics of the United States Department of Agriculture. Any questions may be addressed directly to the bureau or to this station.

Lamb and veal chops are usually preferred well done, but not dry. A "rare" mutton chop is often expected. Both lamb and mutton chops have so much surrounding fat that they are usually broiled or pan-broiled rather than fried. More or less superfluous fat and skin is, even then, trimmed from them before they are cooked. The chief point about any method of cooking chops is to sear the outside at once at a high temperature to prevent the juices from escaping. To broil chops in a gas oven, put them on the rack in the pan that slides under the flame and turn them several times. Many people think that a chop broiled over live coals or a wood fire has no equal. For this a greased wire broiler is used.

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Pan-broiling is done in a heavy iron skillet heated hissing hot. The chops are put in, turned as soon as the under surface is seared, and seared on the other side. Then turn them often, lifting them between two forks to avoid piercing the surface and losing the meat juice. They will be well done in ten or twelve minutes. Serve promptly on a hot platter, with or without a tomato, onion, or brown sauce. Chops, like broiled steaks, should be seasoned when eaten rather than during the cooking because salt draws out the juices.

French chops are the rib chops which have had all superfluous skin and flank trimmed closely from the bone. The butcher usually does this. They are used for formal occasions with a little paper frill concealing the scraped bone which sometimes chars on cooking. For the ordinary family dinner, however, French chops are not an economical selection.

As veal chops have much less fat in proportion to lean meat than lamb chops, they are likely to dry out considerably before they are cooked through unless protected by a coating of egg and bread crumbs. Choice veal, however, is excellent prepared in this way. It is called breaded veal. You simply fry it in deep or shallow fat according to your preference. Sometimes veal is dry and tough so that it must be prepared by a method which will develop tenderness. For such veal, season, dip it in flour, and then cook it in shallow fat until a crust is formed on both sides. Then add hot water and simmer the meat slowly until tender. It will be surrounded by a rich brown gravy. This gives a much tastier meat dish than another method some housekeepers use in which they first parboil the veal and then dip it in egg and flour and brown it in fat.

A little more seasoning is usually liked with veal than with other chops. Before dipping in the egg and bread crumbs or in flour sprinkle each chop on both sides with a few drops of lemon, Worcestershire sauce, and if you like,

onion juice, as well as salt and pepper. A tomato sauce is often served with veal.

Left over boiled potatoes will do nicely for Lyonnaise potatoes. Allow a tablespoon of butter and one of minced onion for each large potato, and cook them together for five minutes, without allowing them to fry. Slice the potatoes thin, season them with salt and pepper and put in the pan with the onion and butter. Let them cook until the potato is brown underneath, fold and turn onto a hot platter. Sprinkle with finely chopped parsley if you have it.

For apple snow, or float, some people seem to call it by one name and some by the other though it tastes much alike in either case, allow 2 egg whites to each cup of strained apple sauce. To serve a family of 5 you will probably need at least 2 cups of apple sauce and 4 egg whites. The sauce may be made from fresh, canned, or dried apples but in any case it must be thick, not watery, when it is strained and ready to combine with the egg whites. Sweeten the sauce to taste after it is strained and while it is still hot. Then while it is cooling beat the egg whites until they are stiff and fluffy and fold the apple sauce gradually into the beaten whites. Add a pinch of salt and 2 or 3 teaspoons of lemon juice, pile lightly into a pudding dish, sprinkle grated nutmeg or cinnamon over the top, and set the apple snow, or float, away in a cool place until time to serve. If you like, make a soft custard with the yolks of the eggs to serve with the apple snow, or float.

QUESTIONS WOMEN ARE ASKING

Question: Is the purple meat-inspection mark on meats harmless?

Answer: Yes. The purple dye and all other ingredients of the marking fluid as applied to meats by the Federal Meat Inspection Service are entirely harmless and may be eaten with impunity.

Question: Can milk be pasteurized at home?

Answer: Yes, milk and cream for ordinary use or milk for babies may be successfully pasteurized at home. The process is not difficult and requires only simple equipment. Farmers' Bulletin 1359 entitled "Milk and Its Uses in the Home" gives a full description of the method and equipment.

Question: Does the color of canned salmon indicate the quality of the pack?

Answer: No. Color is an indication of variety rather than quality. There are several kinds of salmon and these vary in color after canning from a bright red to almost white.

Question: Do you think draped back curtains are correct?

Answer: Yes, if used carefully. Nothing is more appropriate in the colonial cottage or simple home than ruffled, tie-back curtains of scrim, voile, or organdy. Draped curtains are also used in some period rooms but for the average home planned to be comfortable rather than carry out any particular period straight lines in the side draperies are more pleasing. The whole aim in window decoration today is simplicity and this idea is best attained through simple, straight lines. If tie-backs are used they can be long enough not to loop up the curtains.

Question: What causes vinegar to become dark and how can this be prevented?

Answer: The pronounced darkening which sometimes occurs in vinegar is in

nearly every instance due to the presence of an iron salt which combining with tannin, a common constituent of vinegar, causes darkening. Iron salts, while not a normal constituent of vinegar, may gain entrance in the process of manufacture. The prevention of the darkening of vinegar lies chiefly in avoiding contact with iron or the admission of any substance which may contain an iron salt.

Question: What is being used in place of alcohol in flavors?

Answer: In an effort to reduce consumption of alcohol, manufacturers of flavors have been using highly refined, deodorized mineral oils and pure vegetable oils, such as cottonseed oil, corn oil and peanut oil which readily dissolve essential oils such as orange, lemon, lime, anise, peppermint, etc. Besides these oil flavors, gum arabic and gum tragacanth are used to emulsify essential oils with water or dilute glycerol as a basis. All of the above material are suitable for use in food if free from harmful impurities. The Bureau of Chemistry of the U. S. Department of Agriculture, has taken the position that no substitute for alcohol should be employed in flavors and other food until adequate research has shown that it is absolutely harmless.

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Radio Service

OFFICE OF INFORMATION

Reserve

Release April 19, 20, or 21.

WHAT TO HAVE FOR DINNER

The spring weather makes us want some indefinable change in our daily menus - lighter food, perhaps, with a touch of some freshly grown vegetable or fruit, or both - something easily prepared and not too hot or heavy. So we are suggesting creamed spring onions, thinking of the vegetable first, veal cutlet, scalloped tomatoes with plenty of crisp bread crumbs on top, and for dessert, plain rice with strawberry sauce made from the fresh berries. Fresh tomatoes are available in many places so you may prefer a tomato salad to scalloped tomatoes. With this combination, in which the starchy vegetable is omitted in favor of the rice dessert, some hot corn bread will be excellent because of its texture. It will add a cereal food for those who depend a good deal upon starchy foods, and afford a change of bread for everybody.

The matter of variety and contrast in the texture and flavor of the foods combined in one meal is not always given sufficient thought. One finds occasionally that everything served is soft and lacking in "chewy" food - as, for example, a combination consisting of a creamed dish, mashed vegetables, and a milk pudding. Each of these foods would probably be excellent alone but they do not go well together. Again, when a milk flavor predominates throughout a menu, the food lacks zest. Contrast in texture can be secured by serving something crunchy like toast, or browned crumbs on a scalloped dish, something soft, as a white sauce or custard, something crisp and fresh, like lettuce or cold slaw. For variety in flavor some of the foods chosen should be mild or bland, like potatoes or bread; some should have a pronounced flavor, as in the case of rare steak, roast lamb, ham, or cheese, or some of the vegetables such as cauliflower, cabbage, and onions; there should also be something sour in itself, like tomato

or pickles, or like spinach or beets, something that is ordinarily served with vinegar, or a salad with French dressing. Sweet flavor is usually provided in the dessert, or it may be introduced elsewhere in the menu as in candied sweet potatoes, or in the form of jelly with meat. Apple sauce served with pork may be either sweet or sour depending upon the variety and the amount of sugar added. Sweet in the main part of the meal, though, should be used cautiously so as not to dull the appetite. Use it in small quantity as you would a bit of vivid color in dress. For instance it takes only a little orange color to bring out the blue of a color scheme. So it takes only a little sweet in the main course to bring out the other flavors.

In addition to these requirements in the foods chosen for a menu it is necessary of course to see that each of the five food groups is represented - vegetables and fruits, cereal or starchy foods, efficient-protein foods, fats, and sugars. Some thought must be given also to the relative proportions of foods chosen from these groups in order to supply sufficient protein of the right kind, calories, minerals, and vitamins. These are sometimes called the "four points of food value."

Check over today's menu according to these requirements of food value, balance, flavor, and texture. You will find them all satisfied. To repeat the menu:

Veal cutlet

Scalloped tomatoes or tomato salad

Creamed spring onions

Corn bread

Rice with strawberry sauce

TODAY'S BEST RECIPES

These Housekeepers' Half Hours are prepared by the Bureau of Home Economics of the United States Department of Agriculture. Any questions may be addressed directly to the bureau or to this station.

Veal cutlet should be served well done, not rare like mature beef. When tender and of good quality it resembles chicken in flavor. Veal contains less fat and a larger proportion of connective tissue than many other meats and hence needs slow cooking at not too high temperature for a rather long time. Veal also lacks the pronounced flavor of beef so it is usually seasoned a little more highly in cooking. For the cutlets, one large slice cut across the leg corresponding to what will in an older animal be the "round" or round steak may be used. Or satisfactory cutlets may be had from the portions that correspond to shoulder, chuck, and rump in beef. Any piece for cutlets should be cut about three-fourths of an inch thick. If cut any thinner it is likely to dry out in cooking. Remove any skin and cut the meat into pieces of convenient size for serving. Season with lemon and onion juice and Worcestershire sauce, if desired, before cooking. Dip in flour and then cook in shallow fat until a crust is formed on both sides. With tender meat, cover and cook slowly until done. If the meat is inclined to be tough the method of cooking must be modified so as to insure tenderness. This can be done easily and satisfactorily by adding hot water and simmering the meat slowly. A rich gravy will then be developed which is served with the meat at the last. Season with salt and pepper.

Another way of cooking veal cutlet prepared and seasoned as we have described accomplishes much the same end. Dip the cutlet in a thick egg batter instead of flour and fry it in either shallow or deep fat. Take the pieces of cutlet out when brown and put them in a baking dish, or in one of the fireless

cooker utensils. Make a gravy by adding flour and hot water to the fat and pour it over the cutlet. If the fireless cooker is to be used the stone should now be hot. Continue cooking either in a low oven or in the fireless cooker until done.

Cook your spring onions whole with about 3 or 4 inches of stalk left on them. They will be done in from 15 to 20 minutes. Lift them out carefully and pour a white sauce over them. They may be served on toast if you do not have the corn bread.

To make corn bread you will need 2 cups corn meal; 2 cups milk, sweet or sour; 2 tablespoons butter, 2 tablespoons sugar, if desired; 1-1/2 teaspoons salt, 2 eggs, and soda or baking powder depending on whether you use sweet or sour milk. If using sweet milk, mix all the dry ingredients together including 2 teaspoons of baking powder. Then add the milk and well-beaten eggs and at the last stir in the melted butter. If using sour milk, follow the same general method except mix together a scant teaspoon of soda and a tablespoon of cold water and add this to the batter just before the melted butter is stirred in. Bake the corn bread in a shallow heavy pan or in muffin pans if preferred.

The rice for the dessert is cooked in the usual way in a large quantity of boiling water so that the grains will be dry and separate, and served hot. A few strawberries can be made to go a long way by making a sauce as follows: Make a hard sauce from 1/3 cup of butter, 1 cup of powdered sugar, and the stiffly beaten white of an egg. Crush 2/3 of a cup of fresh strawberries and beat gradually into the hard sauce. This may be slightly warmed over hot water. The acidity of the berries may cause the sauce to separate somewhat but this does not affect the flavor.

QUESTIONS WOMEN ARE ASKING

Question: Are beans, that is navy, lima, and other common kinds of dried beans, substitutes for meat from the standpoint of their nutritive value?

Answer: Recent research on the kind of protein contained in different foods has shown that the protein of meat is superior to that of beans from the standpoint of meeting the needs of the body. The protein in meat is called "complete" or "efficient" while that in beans is called "incomplete," because it lacks certain essential acids. The average meal that Americans eat, however, usually contains bread and other foods that contain some kind of protein. Generally a combination of these with the protein in beans will supply the body what it needs. So far as nutritive value goes it is therefore all right to use beans occasionally in place of meat for dinner.

Question: If possible, I would like to procure information on the food value of the proteins of nuts.

Answer: Both chemical analyses and actual feeding experiments have shown that the proteins of the walnut, filbert, Brazil nut, coconut, and cohune, have high food values. The proteins of the almond, however, were found to be not so satisfactory as those of the other nuts.

Question: What is meant by "marbling" in beef?

Answer: Marbling is the intermixture of fat and lean which makes the beef tender and juicy when cooked. The Department has for free distribution a colored chart pointing out the importance of marbling in selecting beef for the table. If you want a copy write for the good-beef poster.

Question: Is there any well founded reason why consumers should discriminate against lamb cuts which at this season are apt to run above the average in weight?

Answer: No. The flesh of these lambs, which have been fed intensively on concentrates for a period of several months is very desirable, being of excellent quality, well finished, tender and nutritious. As the supply is now quite plentiful, prices are lower than the cuts which are obtained from lighter weight lambs, which are rather scarce just now and for that reason, if of comparable quality, sell at premium prices. The legs may seem rather large to the average family buyer, but if too large for one meal this meat is excellent when sliced and served cold.

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Question: What is the best way to clean linoleum?

Answer: Waxing or varnishing is said to improve the appearance of linoleum and to make it last longer. Wax should be used on the inlaid and plain kinds and varnish on the printed ones, for wax sometimes tends to soften the printed surface. If either of these finishes is applied, the linoleum is then cleaned and cared for like a wood floor so finished. If not given a special finish linoleum should be swept with a soft brush and dusted with an oiled or dry mop. Occasionally it should be cleaned more thoroughly with a cloth wrung out of suds made with lukewarm water and neutral soap, rinsed with clear water, and wiped dry with another cloth. Only a small space should be wet at a time, and a linoleum-covered floor should never be flooded. Strong soaps and cleaning powders that contain alkali injure linoleum and should never be used on it. Whenever any kind of cleaning powder is used on a particularly dirty spot care should be taken to remove any trace of the water in which the powder was dissolved.

APR 30 1926

U.S. Department of Agriculture

WHAT TO HAVE FOR DINNER

Reserve

The need of variety in our bills-of-fare still exists, and the sea, as the saying goes, is as "full of good fish as ever came out of it." Moreover, fish, especially the salt-water kinds both fresh and canned, are the best known source of iodine, a mineral that is needed to keep our bodies normal and healthy. It is a lack of iodine, for instance, in food and drinking water that leads to disturbances of the thyroid gland and one form of the disease known as goiter. Scientific workers have discovered that there is a goiter belt through the inland states where there is a deficiency of iodine in the soil and consequently, in the drinking water and the vegetables grown in the soil, and where the people eat small quantities of fish and sea food. Therefore, there is a good health reason behind the fish dinner, and it is well to include one in the family menu regularly. We are suggesting a dinner this time in which fish chowder holds the prominent place. It is one of those one-dish dinners that will appeal to you as a housekeeper these spring days when you want to be out-of-doors gardening or looking after the newly hatched chicks or indoors getting ahead with the summer sewing. And the rest of the family who come in on an April day when there is a tang in the air and find fish chowder for dinner will be reminded of the seaside and famous shore dinners. The directions for making the chowder will be given later. Plan to have some sort of crisp bread with it, such as toast or toasted crackers. As chowders ordinarily include both potatoes and crackers, no starchy vegetable is needed. The chowder must be served in a soup dish so it will be more convenient not to have a second vegetable with it but to serve one in the form of salad. A green pepper and cottage or cream cheese salad is easily made. The cheese is packed into the hollow pepper

shell after the seeds have been removed. Crosswise slices are then cut and laid carefully on lettuce leaves on individual plates. Use mayonnaise or boiled dressing. If you can get cucumbers, put a slice or two on each plate or a small amount of chopped celery or a slice of tomato to add freshness and give an attractive color note. If you like raw onion or pickles use either or both with the salad.

At some stage in her housekeeping experience every woman privately longs to be considered a good pie maker. She may not admit it, but she welcomes a chance to exhibit her art. She will find one in this menu, for the dessert is to be rhubarb pie. We offer one little hint about this:- When making any juicy fruit pies, prebake the undercrust till it begins to color up to prevent its being soggy. Then fill with thick, sweetened rhubarb sauce, put the top crust on, and bake as usual.

Here is the simple menu:

Fish chowder, with toast or toasted crackers

Green pepper and cheese salad

Rhubarb pie.

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TODAY'S BEST RECIPES

For fish chowder you will need the following ingredients: 1-1/2 pounds of fresh fish. Cod or haddock is the kind generally preferred for chowder, but any kind of fresh, dried, or canned fish will do if it has large flakes of meat and only a few bones which can be easily picked out before the fish is combined with the other ingredients. Or if you prefer, use a quart of clams or oysters instead of the fish. The oyster season is almost over for this year, but you may still be able to get good ones in your market. In addition to the 1-1/2 pounds of fish, you will need: 9 potatoes, peeled and cut in small pieces; 1 onion, sliced; 2 cups carrots cut in pieces; 1/4 pound salt pork; 3 cups milk;

pepper. Now for the method of making. Cut the pork in small pieces and fry with the chopped onion for five minutes. Put pork, onions, carrots, and potatoes in a kettle and cover with boiling water. Cook until the vegetables are tender. Add the milk and the fish which has been removed from the bones and cut in small pieces. Cook until the fish is tender, or for about 10 minutes. Chowder can be thickened with flour, but most people prefer to add crackers in imitation of the fishermen who always used pilot bread. For this quantity of chowder you will need about 8 or 9 good-sized crackers. Split them so that they will soak up the liquid evenly and not be soft on the outside and dry inside, and add them to the chowder a few minutes before serving. If you are using flour for thickening, mix 3 tablespoonfuls with about one-half cup of milk, stir it into the chowder, and allow it to cook for a few minutes. If you prefer a chowder made with tomatoes, use 2-1/2 cups of stewed and strained tomatoes instead of the milk.

These Housekeepers' Half Hours are prepared by the Bureau of Home Economics of the United States Department of Agriculture. Any questions may be addressed directly to the bureau or to this station.

QUESTIONS WOMEN ARE ASKING

As warm days increase in number, various household pests seem to emerge from their winter's sleep and give the housekeeper a great deal of trouble and annoyance if she is conscientious about keeping her home impeccably clean. Instead of the section of questions and answers therefore we'll tell you how to prevent and exterminate some of the most troublesome insect pests. In another talk we will discuss rats and mice and ways of getting rid of them.

Speaking of household insects, we always enjoyed that little rhyme which goes:

"A flea and a fly once met in a flue.
Said the fly, "Let us flee."
Said the flea, "Let us fly."
So they flew through a flaw in the flue."

If not a flaw in the flue, a flaw in housekeeping accounts for a good many household insect pests. Most of them go where they can find their preferred food, and, if unmolested by remedial measures, soon breed in great numbers and become a serious problem. Many of the troublesome household insects feed on crumbs, scraps, and other exposed food. So keep your food supplies in tight metal or glass containers. Clean up promptly any food crumbs that may be scattered about. Don't leave any food uncovered. Keep your garbage pail closed, and have it emptied regularly. Rinse it out and line it with clean paper each time it is emptied.

Special precautions must be taken to get rid of breeding places for some kinds of insects. For instance, house flies breed in decaying vegetable and animal matter. So remove any decaying substances in or near the home. Mosquitos breed in stagnant water, so cover the rain barrel, and allow no other stagnant water about. Windows and outside doors should be closely screened, particularly against flies and mosquitoes. Fill up any cracks or holes in the floors and walls.

Ants are attracted by various food substances, especially fats and sugars. Keep these foods in closed containers, and clean up any crumbs or material spilled on shelves. The most effective way of ridding a house of ants is to find and destroy the nest by treating it with carbon disulphide, benzine, gasoline, or kerosene. If the nest itself cannot be found, oftentimes the ants may be traced to the opening or crack through which they enter. Squirt kerosene into this, or plug it with cotton saturated with the oil. In

using this inflammable substance keep all open fires or lights away from them. Try moistening small sponges with the poisoned bait described in Farmers' Bulletin 1101, to attract the ants. They will carry the poison from the sponges back to their nest. This will result in extermination of the colony. Other methods are discussed in Farmers' Bulletin 1101. Sodium fluoride dusted around where the ants are seen will be found effective.

Cockroaches or waterbugs come where there is dampness, bits of food, trash of all kinds. Sprinkling borax, pyrethrum, or best of all sodium fluoride freely and persistently day after day wherever cockroaches appear seems to be a fairly successful method of extermination.

In spite of all precautions you will sometimes find weevils or worms in apparently sound cartons of cereal, in the flour bin, or on dried fruits or nuts. These pests come from minute eggs deposited probably before the package was sealed or the product entered your house. Destroy all badly infested food materials promptly, and any paper containers. Wash and scald your permanent containers before you use them again. However objectionable the idea of such insects getting into food, a chance meal worm or weevil in the cereal is cause for far less concern than a fly lighting on food, for the worm has spent its entire life in the package, while the fly is covered with filth picked up in its promiscuous visits.

Flies, so far as possible, should be kept out of the house by screens. If they do get in, every effort should be made to drive them out or kill them. Use fly-traps, fly paper, insect powder, and poison. Above all, take steps to eliminate all possible breeding places for flies near your home, and get your neighbors to cooperate.

Fleas and bedbugs feed on human blood. The former sometimes become a real nuisance, if a room becomes infested with them. You will have to take the

carpet or rugs out-of-doors and clean them, and also spray with benzine or gasoline. The floor should be washed with soapsuds, special attention being given to cracks between boards and along baseboards.

A chance bedbug is no disgrace, but a family of them is an indication of relaxed vigilance on the part of the housekeeper. Look over all beds frequently, because stray bedbugs are often brought in on clothing or laundry. If you discover any, force kerosene, gasoline or benzine into cracks or crevices of the bedstead and along the mouldings and baseboards of the room. Successive applications should be made every 3 or 4 days for 10 days or 2 weeks to kill any bugs hatched in the intervening periods.

Carpet beetles are common and their grubs or larvae feed on foods similar to those preferred by the larvae of the clothes moths - woolens and furs. They are found more often under tacked-down carpets, and, once established, are difficult to get rid of. Use rugs and bare floors, which are less liable to infestation. If you find these pests, take up the carpets, clean them thoroughly out-of-doors, spray them with gasoline or benzine, and, if possible, air them and sun them. Treat the room itself as in the case of flea infestation. Fill all cracks with a crack filler before the carpet is put back.

An insect pest that does considerable damage in the attic to books, paper, and stored clothing, is the silverfish. These insects are attracted by starch in bindings and in garments. So bait them by mixing to a paste about a teaspoon of powdered white arsenic with half a cup of flour and some boiling water, and spreading it on small pieces of cardboard, to be placed where silverfish have been found.

Clothes moths have already been discussed in these radio talks. The centipede, although unpleasant to look at, is beneficial because it preys on other household insects. If its presence is annoying it may be controlled by using insect powders sprinkled about. The foregoing are the chief insect disturbers of the household, and in each case the old adage holds good,- "Eternal vigilance is the price of peace."

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Reserve



United States Department of Agriculture

OFFICE OF INFORMATION

Release April 26, 27 or 28.

WHAT SHALL WE HAVE FOR DINNER?

Our menu today is easy to prepare, delicious to eat, and quickly cleared up because of the few cooking utensils and serving dishes needed. If you have a casserole or any sort of baking dish which can be sent to the table, it can be utilized for serving the main dish, which is to be sliced ham and potatoes, baked together in milk, in the way that we shall describe in a few minutes. If you have no suitable baking dish you can use an iron skillet with equally good results.

This is Better Homes Week, and your club is perhaps having a demonstration house or conducting an educational program for your community. You are eager to have a part in such a program of course and will no doubt welcome a dinner that can be partly prepared ahead of time and that need not keep you long in the kitchen. Also, we are including in the menu, spring greens which we hope you can gather yourself either in your garden or in a nearby field, so that you'll have a bona fide excuse to get out in the April sunshine. Perhaps you have never heard of one of the wild greens that we are going to suggest.

Do you know poke shoots, or poke salad as they are sometimes called? Perhaps as a child you made "ink" from the dark purple berries of the poke weed and stained your hands and clothes and were warned by your parents of the poison in the juice. It is true that the berries of the poke weed are poisonous and should never be tasted or eaten. The tender pink and green shoots of the poke weed that come up in the spring contain none of this poisonous matter, however, and are highly prized for greens in many localities. Some people call them poor man's asparagus. They do have the same kind of succulent texture and fresh earthy flavor. You may be able to find the poke weed growing wild in a

nearby field or perhaps in a corner of your garden. In cutting the shoots, you will find the small pink ones best but you may also take the tips of the half-grown stalks. Do not use the larger green leaves for they will be bitter. In cutting the shoots take care not to include any of the underground part of the plant, for the root is exceedingly poisonous. Also be sure that you are cutting the true poke weed. There is one variety sometimes called Indian poke which is poisonous in all its parts.

If poke weed does not grow wild in your locality, perhaps marsha marigold or cowslip does. That makes the best of all greens, some people think. With others, lamb's quarters or wild dandelion is the favorite. You may have in your garden an abundance of turnip or mustard tops, young beet greens, kale, spinach, or perhaps so much lettuce that you can use it for cooked greens. Try the poke shoots, however, if they are available, for they go particularly well with ham. We will tell you how to cook them in a few minutes.

You will want something with a crisp crusty texture to eat with this dinner, so order some Vienna bread or French rolls if you can get them and warm them in the oven just before serving time. Or, if you can not get good commercially baked products, make a double supply of biscuits or graham muffins for breakfast and split and toast the left-over ones for dinner.

A fruit dessert served with a few cookies or left-over cake is always satisfactory. Many of you will be able to get strawberries that are now not too high in price. Try a combination of cut-up oranges with strawberries in about equal parts. If you like shredded coconut sprinkled on oranges you might use it on this combination also. Here is the entire menu:

Sliced ham baked in milk with potatoes

Poke shoots or other greens

Strawberries and oranges with or without coconut

The Bureau of Home Economics of the U. S. Department of Agriculture which prepared these Housekeepers' Half Hours will answer questions addressed directly to the bureau or to this station.

TODAY'S BEST RECIPES

For the baked ham have a slice cut at least an inch thick. Lay the ham in a good-sized baking dish, add thinly sliced raw potatoes which have been sprinkled lightly with flour and pour over them enough milk to cover. Bake slowly for about an hour and a half, or until the potatoes and ham are thoroughly done. The salt and fat of the ham are sufficient to season the potatoes. If necessary add a little hot milk from time to time during cooking. There should be enough liquid to form a tasty gravy around the ham and potatoes and the top will be delicately browned like scalloped potatoes. Serve the ham and potatoes from the baking dish. If the ham is very salty, soak it, preferably in buttermilk or sour milk, before cooking it with the potatoes. The acid of sour milk seems to soften the ham and make it very tender when cooked.

Poke shoots have a slightly pungent or bitter flavor which is disliked if too strong. It is customary, therefore, to cook them for 3 or 4 minutes in boiling water as you would any other vegetable, and then drain them and put them on to cook again in fresh boiling water, lightly salted. Young poke shoots are fairly uniform in size and are handled more easily if they are tied together in

a bundle like asparagus. Poke shoots are best if seasoned simply with butter and like asparagus may be served on toast.

If mustard, turnip, lamb's quarters, marsh marigold, or beet tops are used instead of poke they are chopped finely and cooked the shortest possible time in very little water. A hard-cooked egg may be used to give a decorative note and add to the food value or if you have an abundance of garden lettuce, shred it, stir it up with melted butter in a heavy skillet, cover, let it steam and cook slowly for 4 to 10 minutes, and sprinkle lightly with salt before serving. Romaine lettuce is especially good for cooking, because it holds its shape and does not wilt down so completely as the softer kinds of garden lettuce.

Here is a recipe for graham muffins which will answer for hot bread at breakfast and toasted muffins at dinner by making double the quantity given: 2 cups milk; 3 cups coarse graham flour, or 3-1/2 cups fine graham flour, measured without sifting; 4 to 6 tablespoons melted fat; 2 eggs; 4 teaspoons of baking powder; 1 to 2 tablespoons of sugar, if desired; 1 teaspoon of salt. Mix the dry ingredients. Beat the egg slightly and add to the milk. Stir the liquid mixture gradually into the dry and add the melted fat last. Bake in greased tins in a hot oven, that is, 400° to 425°F. You can use this recipe for wheat muffins made of soft-wheat or pastry flour by allowing 4 cups of flour in place of the amount of graham flour given.

QUESTIONS WOMEN ARE ASKING

Question: What is the best method of whipping cream?

Answer: There is no best method of whipping cream. Any method whereby the cream is rapidly stirred so as to allow the air to mix with it will whip cream. There are several devices on the market for whipping cream, all of them constructed on the same principle as egg beaters.

Question: How can lard be kept from turning rancid?

Answer: Rancidity in lard is caused by chemical action of the air. The Federal Meat Inspection Service advises that lard should be well rendered, free from moisture and particles of scrap. Lard should be placed in completely filled, tightly closed containers, preferably of glass or earthenware and kept in a cool dark place for preservation.

Question: What are the three leading food products commercially canned in the United States and what was their total pack in 1925?

Answer: The three leading food products canned are corn, tomatoes and peas. The total pack of these three products in 1925 in round numbers is estimated at about 60 million cases. Since there are 2 dozen cans to the case, this makes a total of 120 million dozen cans or over one dozen to every person in the United States.

Question; Does cooking as ordinarily employed in the preparation of foods impair the nutritive value of the proteins?

Answer: Many proteins are rendered more digestible by cooking. If cooked at too high a temperature, some may be made more difficult to digest.

Question: What is meant by the slogan "Look for the meat inspection mark?"

Answer: This popular expression refers to the mark placed on meat prepared under the Federal Meat Inspection Service. This slogan is intended to

convey a sense of safety as to the wholesomeness of Government inspected meat.

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Question: Does contamination occur if food or drink is allowed to stand in a galvanized iron vessel?

Answer: Liquid foods including buttermilk, milk, cider and other fruit juices should not be allowed to stand for even a short time in a galvanized iron vessel nor should such a utensil be employed in making preserves, jellies, etc. The zinc which is used in galvanizing the utensil will be dissolved and will give the food an unpleasant taste and may cause sudden and intense illness.

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Question: How do house flies spread typhoid?

Answer: The common house fly is essentially a breeder in filth. It breeds in and feeds upon all sorts of animal waste. When it comes in contact with material containing typhoid germs it picks them up on its hairy feet and ingests them, then carries them to the food, which if not cooked afterward may produce typhoid.

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RADIO SERVICE

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Housekeepers Half Hour
United States Department of Agriculture

OFFICE OF INFORMATION

★ APR 30 1926 ★
U.S. Department of Agriculture

Reserve

Release April 28, 29 or 30

WHAT SHALL WE HAVE FOR DINNER?

Do you enjoy an occasional egg dinner? The moderate price of eggs now makes them a tempting "buy" for the city homemaker and in many cases a less tempting "sell" for the woman who has a poultry flock of her own. Therefore, for those who buy and for those who sell this is the time of year to let the family have an abundance of fresh eggs.

Some people think of eggs as suitable only for breakfast, luncheon, or supper, and do not regard them as substantial enough for dinner. As a matter of fact, however, eggs contain the same kind of efficient protein for body building that is found in meat. Eggs, particularly the yolks, are rich too, in mineral substances and they are one of the best sources of vitamin A which everybody needs for health and physical well being. What makes eggs seem to be less substantial than some other foods is that their food materials are in such form that they can be rather quickly assimilated by the body. Eggs are pure food material mixed with water. Because of this rather large percentage of water, when serving eggs for dinner it is well to allow two or more apiece for the grown-up members of the family.

Cream of spinach soup to be followed by eggs baked or poached in tomato sauce, rice or noodles, green peas, new ones if possible, and layer cake is the full menu we are suggesting. Perhaps you may prefer to leave out the soup and have a pear and cheese salad. The colors as well as the foods in this menu, you will notice, are suggestive of spring, though we did not start out with any idea of planning a definite color scheme. It is well, however, always to keep

in mind the way the colors of foods are going to look when served at the same meal or on the same plate. For color does have a real place in the making of attractive meals because of the psychological effect upon the appetite. For instance, in this menu the fresh green of the cream of spinach soup will suggest the most conspicuous of all spring colors. The orange-red of the tomato sauce will set off the color of the eggs themselves, and the layer cake for dessert may have an orange frosting if you wish or chocolate if that is more popular with your family. Almost any kind of a salad that includes crisp lettuce or fresh salad greens is suggestive of spring.

Directions for making several cream soups have already been given in these radio talks. In case you missed them, however, we will repeat the recipe for cream of spinach soup.

For the eggs be sure to make plenty of the tomato sauce so that in serving there will be enough to combine with the rice or noodles. You are now, no doubt, adept at cooking rice so that each grain is dry, flaky, and separate. Should you want "something different" for your starchy material in this meal in addition to whatever bread you may serve, you might have plain boiled noodles which would also be excellent with the tomato sauce. If you bake the eggs, use an earthenware or glass pie dish so that they can be sent directly to the table when they are done. If you do not happen to have a dish of this kind the eggs may be poached in the sauce in a skillet, but take great care not to break them in transferring them to a serving dish.

Cook your new peas in a small amount of water and for a very short time. As soon as they are tender add some butter to the liquor in which they are cooked and serve with the peas.

Perhaps you have not realized the possibilities of pears canned in thin sirup as a salad fruit and served with either French or mayonnaise dressing and a little cheese. Drain the pears, arrange the sections, preferably halves or quarters, on lettuce, add the dressing, and grate on a little American cheese. We believe that you will agree that this is a delicious salad.

Here is the complete menu again:

Cream of spinach soup

Eggs in tomato sauce

Rice or noodles

New peas

Pear and cheese salad

Layer cake

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TO-DAY'S BEST RECIPES

Cream of spinach soup may be made from either spinach cooked for this purpose or from left-over spinach. Put a quart of milk to heat in the double boiler with a slice of onion in it. From half to one cup of cooked spinach will be enough to combine with this amount of milk. A quarter to a half pound of fresh spinach will yield about this quantity when cooked. Whether the spinach was prepared previously or at the time of making the soup, all liquor from it should be saved and used with it. Some of the valuable mineral constituents of the spinach are dissolved in this liquor. Wash the spinach thoroughly, chop it and put it in a saucepan with one or two tablespoons of hot water - just enough to keep it from scorching until the leaves are wilted and the spinach liquor develops. Salt it lightly. In about 10 minutes the spinach will be done. Mince it very fine or press it through a strainer and add it to the hot milk. Melt two tablespoons of butter and blend with two tablespoons of flour. Pour a

little of the hot mixture on the flour and butter and add gradually to the soup. Season to taste, remove the slice of onion, and serve. If you prefer more onion flavor, mince the onion and cook it in the melted butter before adding the flour, then add the hot milk with the spinach.

For your eggs in tomato sauce, we can not give you an exact recipe without knowing the number of persons in your family. We will give you, however, the recipe for sauce enough to go with six eggs. With these proportions in mind you can count noses and estimate the exact quantities needed. Everybody but the small children in the family can generally eat at least two eggs when they are served as the main dish at dinner.

Make a sauce by blending the flour and melted butter and combining with the tomato juice and pulp and the seasonings. If you are planning to bake your eggs put about half the sauce in a shallow buttered baking dish or pie plate and then break the eggs separately in a saucer and slide them carefully, one at a time, into the sauce. If you have more than six eggs, use two dishes. Cover the eggs with the rest of the sauce and sprinkle the grated cheese over the top. Bake in a moderate oven until the eggs are set.

If you like, you can heat all the sauce in a skillet and poach the eggs in it, handling them carefully as before. In this case, spread your rice or noodles on a hot platter while the eggs are cooking, skim out the eggs as they are done and slip them on top of the rice or noodles, and pour the tomato sauce over the whole dish.

Make your layer cake early in the day. The ingredients given are for a simple foundation cake suitable for layer cakes that are to have filling or icing. The amounts given will make two thick or three thin layers. When you start to make your cake, measure out all your ingredients first, grease your tins, and then begin mixing. You will work faster and with less chance of omitting some

important ingredient. While cakes may be put together with fairly good results by what is called the muffin method--mixing all the liquid ingredients in one bowl and all the dry in another, and then combining the mixture--most of us prefer the good old-fashioned method of mixing a cake, beginning by creaming the sugar and fat together and ending by folding in the fluffy, stiffly beaten egg whites.

Here is the list of ingredients: 1 cup milk; 3 cups flour, soft wheat; 1/2 cup fat; 2 to 3 eggs; 4 teaspoons baking powder; 1-1/2 cups sugar; 1/4 teaspoon salt; 1/2 teaspoon flavoring. Place the fat in a warm place until it becomes soft, though not melted, so that it may be combined easily with the sugar. This is just as satisfactory and much quicker than the laborious method of creaming together the cold fat and sugar. After the fat and sugar have been thoroughly combined stir in the beaten egg yolks and add alternately the dry ingredients, which have been mixed and sifted together, and the liquid. At the start add only a small quantity of liquid. If too much is added, it dissolves the sugar, and the fat separates into large masses that must be recombined with the other ingredients by beating, thus making useless the work of combining the fat and sugar in the beginning. Add the flavoring and fold in the well-beaten egg whites. Pour the batter into lightly greased, floured pans, taking care that it is spread evenly. The oven should be about 375 degrees F. Turn the layers out on a wire cake cooler. Ice when cool.

If hard-wheat flour must be used, seven-eighths of a cup of it may be taken for each level cup of soft-wheat flour.

To make an orange icing that will be hard outside and soft underneath, put one cup of granulated sugar with one egg white, a pinch of salt, and four tablespoons of orange juice into the top of the double boiler. Begin to beat

with a rotary or dover beater and continue beating it over the hot water until the frosting is thick enough to spread. Add one tablespoon of grated orange peel and spread with a knife or spatula dipped in hot water. This amount must be doubled if you wish to frost the sides of the cake.

For chocolate frosting start the sugar, egg white, and 4 tablespoons of in place of orange juice, water/ in the double boiler as before. While beating it, as soon as the mixture is hot, begin adding unsweetened chocolate in small pieces, which will gradually melt, until you have added 2 ounces. Flavor with 1/2 teaspoon of vanilla and spread.

QUESTIONS WOMEN ARE ASKING

GETTING RID OF RATS AND MICE

Last week we promised you, in addition to the usual menu and recipes, a short talk on mice and rats, and ways of ridding one's premises of these unpleasant pest. The modern housekeeper, of course, no longer climbs shrieking on the nearest chair if she happens to see a mouse run across the floor; much less does she indulge in a fainting spell. Instead, three questions are likely to pop into her head almost simultaneously: "Now, how did that creature get in here?" "What have I left around to attract a mouse?" and "How shall I get rid of him and all his tribe?"

She begins by hunting for any possible openings in the walls, around baseboards, near water or heating pipes, or in closets. She also casts her eye about for traces of careless housekeeping - either her own or that of a maid - crumbs scattered, food left uncovered, or in paper packages, starch or waxed paper exposed where mice can gnaw it, or any other tidbits likely to appeal to their wide range of tastes. She may be horrified to find mice tracks on the pantry shelves, in the drawers where she keeps her tea-towels, upstairs in closets, in rugs stored in the attic, although she has up to this

time never even suspected there was a mouse in her entire house.

Rats, of course, leave similar indication of their presence in gnawed clothing, papers, food supplies. They are to be feared not only because of the damage they do, and the rapidity with which their numbers increase, but because they often carry and convey diseases, kill poultry and other animals, and sometimes bite viciously when cornered or attack babies or children while sleeping. Similar methods of control are used against both rats and mice. The elimination of either pest from a whole community is the end to be desired, but this can only be accomplished by the organized effort of all the citizens. When people realize that rats alone cause over \$200,000,000 worth of damage a year and that this is totally unnecessary waste, they are more willing to take measures to get rid of this expensive pest.

The individual housekeeper can at least make a beginning by closing up all openings through which rats and mice are likely to get into the house. Use a mixture of cement, sand, and broken glass or crockery in such holes if you find any, or cover them with a sheet of metal. If your house has open studding in the walls from cellar to attic they will be used for runways and passages to their nests by these pests. The studding should be closed. Buildings are frequently made entirely rat-proof now, when first constructed, by the use of deep cement foundations, but older buildings must be protected as far as possible by closing holes and runways.

A thoroughly clean and orderly house with an exterior that is free of any spot where trash is accumulated is a discouraging place to a hungry rat or mouse. Both animals make nests in litter and rubbish and seek piles of trash to hide under. Both want food. Store all supplies in tight glass or metal containers, which can not be gnawed. Dispose of waste and garbage in tightly covered receptacles, and get rid of any rubbish in the cellar or under the porches or about

the garage or yard, where these unwelcome visitors might hide. If you don't possess any traps, get several, both rat and mouse traps. Bait them and set them where you have seen either animal or near the holes you have found.

If the traps do not eliminate the pests, try poisoning with barium carbonate, if poison can be used with safety, where it will not be touched by children, poultry, or pets. This substance is an inexpensive white powder, both odorless and tasteless, and baits containing it are readily taken. The best way to spread poison is to mix it with a variety of foods and try placing different ones about on successive nights. Mix some with such foods as hamburg steak, sausage, fish, liver, bacon, or cheese. Spread some on slices of vegetables and fruits, such as tomatoes, cucumbers, muskmelons, apples; or mix it with canned corn, or squash, or pumpkin seeds, mashed banana, boiled carrot, or baked sweet potato. Mix another lot with rolled oats, bread, cornmeal, flour, or cake, and with various table scraps. Add water to the barium carbonate when necessary to make the baits soft, or sprinkle the powder over the sliced baits, rubbing it into them with a knife. Use about one part poison to 4 parts food.

One way to expose the baits is to put about a teaspoonful of each of several kinds into different paper bags, twist the tops, and drop them in places frequented by the rats or mice. Another way is to put the bait on small pieces of cardboard. Do not use stale or spoiled food as bait. Uneaten baits should be picked up the next day and destroyed. Do not use baits over again if not taken. Continue to distribute baits until the rats and mice seem to have disappeared. The baits are usually carried into burrows or behind protecting boxes or furniture and eaten comfortably. The effect of the poison is gradual, and the rats generally have time to return to their burrows before they succumb.

Farmers' Bulletin 1302 gives other suggestions for rat control and for community cooperation in achieving it. The United States Department of Agriculture will be glad to send you a copy.

